

December 2022 Newsletter



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The Winter 2023
Program Guide is out!

Check out these programs starting in January!



Basketball Clinics Age 5 - 7

Be part of your child's basketball experience! Coach Barry Booth and company lead this clinic for both girls and boys. Through fun and exciting drills and skills games, your child is introduced (or re-introduced!) to the game of basketball.

Clinics are held during the Annapolis Youth Basketball League games so they can observe and prepare for competitive play.

T-shirt included. 8 weeks

R \$129 / NR \$139 Aux Gym / PMRC Court 3

Day	Date	Time	Age	Code
Sat	Jan 7	9 - 10 am	age 5	#2426
Sat	Jan 7	9 - 10 am	age 6	#2405
Sat	Jan 7	10 - 11 am	age 7	#2406



Fencing Age 7 - 13

Try something new this season with fencing! Participants learn the basics of fencing including rules, fundamentals and footwork which helps improve skills for other sports. Equipment is provided except for required gloves that can be purchased from the instructor during the first class. Don't miss the chance to work with instructor Larbi Soufianne who will get you to the next level of fencing and competition! 8 weeks

R \$119 / NR \$139 Meeting Rooms 1 & 2

Day	Date	Time	Level	Code
Thu	Jan 12	5:30 - 6:30 pm	Beginner	#2410
Thu	Jan 12	6:30 - 7:30 pm	Intermediate	#2411
Thu	Jan 12	7:30 - 8:30 pm	Epee Advanced	#2412



NEW PROGRAM!

Lacrosse Age 9 - 13

ARPD and Uproar Lacrosse are excited to announce a youth lacrosse clinic for kids. Mark Mozier leads this program by teaching fundamentals and drills through high-energy skilled lessons. Participants develop skills to get their game to the next level! Don't miss this opportunity to work with excellent instructors who have helped many athletes to reach their goals of becoming true lacrosse stars! 7 weeks

R \$129 / NR \$149

PMRC Court 3

Begins Wed Jan 11

5:30 - 6:30 pm #2419



Rhythm & Hip-Hop Age 5 - 12

Jazz & hip-hop moves will keep you on your toes! Students learn to dance in a group setting and develop different combinations. This class is a great learning environment to acquire rhythm and beat. Participants take their own dance moves and develop their own personal style! 8 weeks. Instructor: Leandra Parkinson

R \$126 / NR \$157 PMRC Studio A

Day	Date	Time	Age	Code
Wed	Jan 11	4 - 5 pm	5 - 8	#2413
Wed	Jan 11	5 - 6 pm	9 - 12	#2414

Drop-In for Adults! Volleyball Age 18+

Set, serve, spike! ARPD offers a drop-in volleyball program for adults. Two nets are set-up – one at women's height, one at men's height. Open play provides a fun and exciting evening with clinic or instructional opportunities available with Chesapeake Elite Volleyball (instruction is provided 3 out of the 10 weeks with Kameron Beans and Chesapeake Elite) Bring your friends to enjoy this 10-week program full of fun through exercise! Score keeper and equipment provided.

FREE for PMRC members / Daily drop-in fee for non-members PMRC Court 3

Begins Mon Jan 16, 5 - 6:30 pm





**Give the gift of Fitness this year!
PMRC Annual Membership for as
little as \$290/year**



**warm up this winter
in our cardio room!**



**Learn about programs
starting in January!**

**Youth Basketball & Soccer,
Adult Volleyball and more!**

**Did you know we
offer Personal
Training sessions?**

**Personal
Trainers**



Ale Butler, CPT (ACE)

Alejandro is a certified personal trainer and aquatic fitness instructor that has been a health and fitness coach in Maryland for nearly 10 years. Alejandro's passion for health and fitness began at a young age and he wishes to share his enthusiasm with you! It is his mission to improve the lives and health of those in his community.



Stacey Oliff, CPT (ACE)

Stacey is a certified personal trainer that focuses on cardiovascular endurance, balance, strength and flexibility. She trains female and male clients of all ages and abilities. Stacey focuses on helping her clients be the healthiest, fit people they can be in their everyday lives. She works with athletes, seniors and the general population as her clients.



"Pip" Moyer Recreation Center (PMRC)
273 Hilltop Lane, Annapolis

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